

## Health Spotlight – Wash Your Hands, Please!

**Wash your hands!** That's right — washing your hands is a good way of avoiding colds. Why? It's simple. The common cold is caused by any of about 200 viruses that enter your body through mucous membranes in your nose and mouth.



These highly contagious viruses are able to remain alive outside the human body for some time, so when you touch a surface (such as a telephone, or a door handle that someone with a cold has recently touched or sneezed and coughed upon) and then touch your own nose and mouth, there's a good chance that you'll also catch a cold.

**Stress also contributes to catching a cold.** Normally, your immune system fends off the viruses. However, if

you're not sleeping, eating, and exercising properly, your immune system is weakened, and is less able to keep viruses at bay.

**Prevention is key.** Take time to relax, go for a walk, socialize with family and friends, eat proper meals, and don't forget to wash your hands! But, if you do catch a cold, get lots of rest, and drink plenty of liquids. It's true, during rest and sleep, the human body releases very powerful immune system-enhancing compounds.

**Hot chicken soup** – studies show that this timeless remedy really does alleviate cold symptoms by triggering mucous secretions, making your stuffy nose feel better. Plus, the warm, nostalgic feelings that are associated with comfort foods such as chicken soup have a beneficial psychological effect, too.

**Oscillococcinum** – This homeopathic preparation is a fast-acting remedy that checks the development of flu-like symptoms such as fever, chills, shivering, and associated aches and pains. As with many homeopathic remedies, Oscillococcinum is non-toxic and has no known adverse reactions. Take Oscillococcinum as soon as you feel flu-like symptoms, then continue as directed. For more about homeopathic treatments, ask the pharmacist team at Howe Sound Pharmacy.



## Healthy Living – Winter Escapes

There's nothing like heading to sunnier climes to escape the darkest days of winter. Before you leave, visit Health Canada's website for the latest travel health advisories and much more to keep you healthy before, during, and after your trip.

Remember to see your pharmacist, too, for travel medications and med packing tips. Keep must-have meds in your carry-on and remember that proper labeling of all medicines is essential. Take it easy and ask about Howe Sound Pharmacy's strip-pouch medicine packaging, perfect for travelers of all ages. [www.healthcanada.ca](http://www.healthcanada.ca), click **healthy living** then **travel health**.

### HOURS

#### Monday to Friday

9AM – 5:30PM

#### Saturday 9AM – 12:00PM

Serving the Sunshine Coast  
since 1979

#### Conveniently located at

825 Gibsons Way, next to the  
Gibsons Medical Clinic  
604-886-3365 • 1-888-886-3365



*Flu Clinic Dates – Call ahead for appointment  
Tuesday October 21 and Monday November 03  
11am to 5pm at Howe Sound Pharmacy*

## Healthy Living

### Professional, reliable healthcare information

Are you caring for an elderly friend or relative who has lots of prescription



and non-prescription medications? If you (and they) are curious or concerned about any of

them, we encourage you to make an appointment with the pharmacists at Howe Sound Pharmacy.

We're here to help you both make sense of the medicines, and as well, to help make your friend's or relative's retirement years healthy and enjoyable. At Howe Sound Pharmacy, quality patient care is based on a team approach. Working together with our fellow healthcare professionals and our patients & their caregivers is an important aspect of our commitment to you.

### Strip-pouch packaging

It's simple, convenient and there's no extra charge at Howe Sound Pharmacy. With new airport requirements, you'll travel worry-free with strip-pouch



packaging, available for all doses of prescription and non-prescription medications. No travel plans? Strip pouches are ideal for anyone at work, school, volunteer duties

and other close-to-home activities. Each dose is packed in a separate pouch, legally labeled and sealed. No more vials or unlabelled pill boxes. All ages can benefit from strip pouches. Drop in and ask our pharmacists for more details.

## Healthy Eating – Autumn Vegetable Casserole

Vegetables of the season, plus a touch of tropical pineapple make an easy side dish, perfect for make-ahead or potluck.

### INGREDIENTS

*1 lb sweet potatoes, peeled and cut in to half inch cubes*

*1 lb small carrots, thinly sliced in to coins*

*1 - 1/4 cups drained canned pineapple chunks*

*1/2 cup dried cranberries*

*1/3 cup packed brown sugar or Splenda blend*

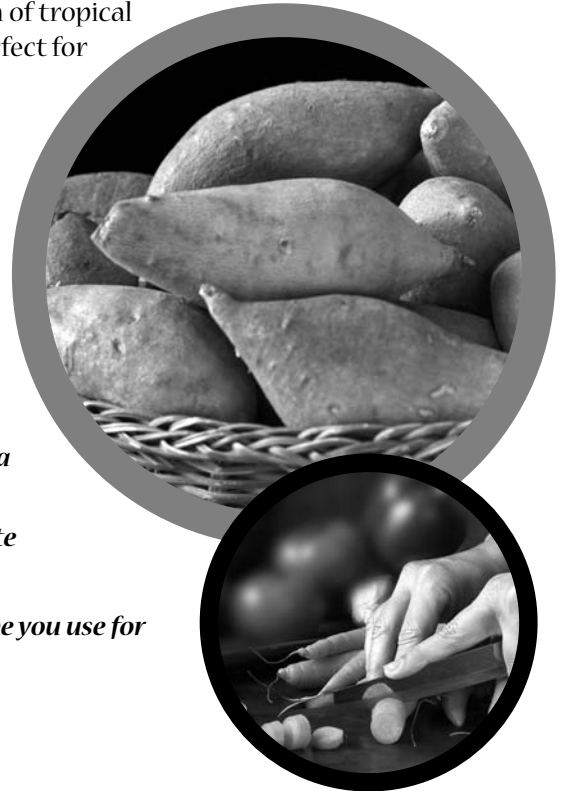
*3 tablespoons orange juice concentrate*

*1 tablespoon butter*

*2 tablespoons sweet molasses (the type you use for cookies)*

*1 teaspoon cinnamon*

*1/2 cup chopped toasted pecans*



Preheat oven to 350 F. Spray a 9" square baking pan with non-stick spray

In a saucepan, combine sweet potatoes with cold water to cover. Bring to boil. Cook for about 8 minutes or until tender. Drain well.

In a bowl, toss sweet potatoes, carrots, pineapple, cranberries. Place in prepared baking dish.

In a small saucepan, combine sugar, juice concentrate, butter, molasses, cinnamon. Cook, stirring over medium heat for 1 minute, or until melted and smooth.

Pour sauce over vegetables. Bake covered for 15 minutes until heated through. Toss then sprinkle with pecans.

Makes 6 servings. Happy Thanksgiving!

**Did you know?** You don't even need to leave home to have your prescriptions refilled\*. **Call us with your order, and we'll deliver right to your door, for free!** 604-886-3365

\*Delivery available Monday to Friday, Port Mellon to Redroofs. Certain prescription refills may require a doctor visit. Please call us for further details.

Visit our website for more recipes and healthy living info  
[www.soundcare.ca](http://www.soundcare.ca)